

MILWAUKEE COUNTY



MILWAUKEE COUNTY
Department on Aging

MEALS ON WHEELS

MAY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grilled Burger w/ Mushrooms & Swiss Whole Grain Bun Baby Bakers Carrot Raisin Salad Fruit Cocktail 3	Soft Chicken Taco/Tortilla Shredded Lettuce, Cheese Tomato & Sour Cream Refried Beans Southwest Vegetables Pineapple 4	Lasagna Italian Veggie Blend Garden Salad/Dressing w/Cucumber & Tomato Garlic Bread Pistachio Pudding Cake ♥ Fresh Pear 5	Peachy Pork Roast Mashed Sweet Potatoes Sautéed Spinach Wheat Bread Orange Juice Snickerdoodle Cookie ♥ Fruit 6	Roast Beef & Gravy Baked Potato/Sour Cream Broccoli Apple Cherry Juice Buttermilk Biscuit Rice Krispie Treat ♥ Banana 7
Chili Dog Whole Wheat Bun Au Gratin Potatoes Whole Kernel Corn Fresh Orange Fruited Yogurt 10	Baked Chicken Supreme Wild Rice Blend Normandy Vegetables Whole Grain Dinner Roll Grapes Brownie ♥ Fruit 11	Mediterranean Baked Cod Fresh Sweet Potato Broccoli Marble Rye Bread Fresh Fruit Cup 12	Beef Tips w/Mushrooms Buttered Noodles Green-Wax Bean Medley Whole Wheat Dinner Roll Mandarin Oranges 13	Creole Chicken Breast Seasoned Red Beans and Rice Bahama Vegetable Mix Fruit Punch Cornbread Strawberry Yogurt 14
Shredded BBQ Pork Coney Bun German Potato Salad Succotash Apple Juice Oatmeal Raisin Cookie ♥ Raisins 17	Italian Meatballs/Sauce Spaghetti w/Sauce Parmesan Cheese Brussels Sprouts Italian Bread Fresh Pear 18	BBQ Chicken Hashbrown Casserole Broccoli/Cauliflower Mix Multi-Grain Bread Baker's Choice Cookie ♥ Fresh Apple 19	Boneless Pork Roast Gravy Mashed Potatoes California Veggie Blend Garden Salad/Dressing Oatmeal Bread Cinnamon Applesauce 20	Turkey Tetrazzini with Pea Pods Garlic Breadstick Marinated Vegetables Orange Juice Vanilla Pudding ♥ Fresh Fruit 21
Chicken Alfredo Primavera w/Penne Pasta Chef's Vegetables Grape Juice Italian Bread Lemon Meringue Pie ♥ Fresh Orange 24	Meatloaf Gravy Mashed Potatoes Honey-Glazed Carrots 7-Grain Bread Sliced Pears 25	Glazed Ham Steak Quartered Red Potatoes w/Butter & Parsley Asparagus Tips & Cuts Rye Bread Pineapple Tidbits 26	Tuna Salad on Leaf Lettuce Tomato Slices, Cucumber Croissant Sun Chips Melon Wedge 27	Grilled Brat Patty Whole Wheat Bun American Fried Potatoes Peas & Carrots Marinated Bean Salad Chocolate Chip Cooke ♥ 100-Cal Cereal Bar 28



Goodwill
Industries of Southeastern Wisconsin, Inc.
MEALS ON WHEELS
358-6527

ADRC
Aging & Disability Resource Center
Aging Resource Center
(414) 289-6874
Answers to all your questions on aging
find us on **facebook**

60+
Suggested Contribution
\$3.00
ONE HUNDRED THIRTY AND 00/100 DOLLARS
THIRTY DOLLARS

OLDER AMERICANS MONTH



COMMUNITIES OF STRENGTH: MAY 2021



In tough times, communities find strength in people—and people find strength in their communities. In the past year, we've seen this time and again in Milwaukee County, as friends, neighbors, and businesses have found new ways to support each other.

In our community, older adults are a key source of this strength. Through their experiences, successes, and difficulties, they have built resilience that helps them to face new challenges. When communities tap into this, they become stronger too.

Each May, the Administration for Community Living leads the celebration of Older Americans Month (OAM). This year's theme is *Communities of Strength*, recognizing the important role older adults play in fostering the connection and engagement that build strong, resilient communities.

Strength is built and shown not only by bold acts, but also small ones of day-to-day life—a conversation shared with a friend, working in the garden, trying a new recipe, or taking time for a cup of tea on a busy day. And when we share these activities with others—even virtually or by telling about the experience later—we help them build resilience too.

This year, we will celebrate OAM by encouraging community members to share their experiences. Together, we can find strength—and create a stronger future.



LOOK FOR JOY IN THE EVERYDAY

Celebrate small moments and ordinary pleasures by taking the time to recognize them.

- Start a gratitude journal
- Share a happy moment with someone
- Say Thank You



REACH OUT TO NEIGHBORS

Creating and maintaining neighborly connections keeps us safe and strengthens our communities.

- Leave a small gift on doorstep
- Offer to help with chores
- Share flowers or veggies from your garden



BUILD NEW SKILLS

★ Have a skill you are willing to share? Reach out to teach others!

Learning a new skill exercises the brain, improves mood and can foster new relationships.

- Take an online art class
- Join an outdoor yoga lesson
- Learn to identify constellations



SHARE YOUR STORY

Recognize the value of storytelling & contribute your experience to this time-honored tradition.

- Ask others to share their story
- Initiate conversations that invite others to engage

Ask the Dietitian

MILWAUKEE COUNTY SENIOR DINING

Gaylyn Reske RDN, CD

Call to Submit Questions or Schedule a Consultation.

(414) 289-6995

While there is no charge for our Senior Diners, Contributions are always welcome.



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